



# TEACHING DIAGNOSIS & CORRECTION

## Introduction

### Level II Coaches Course

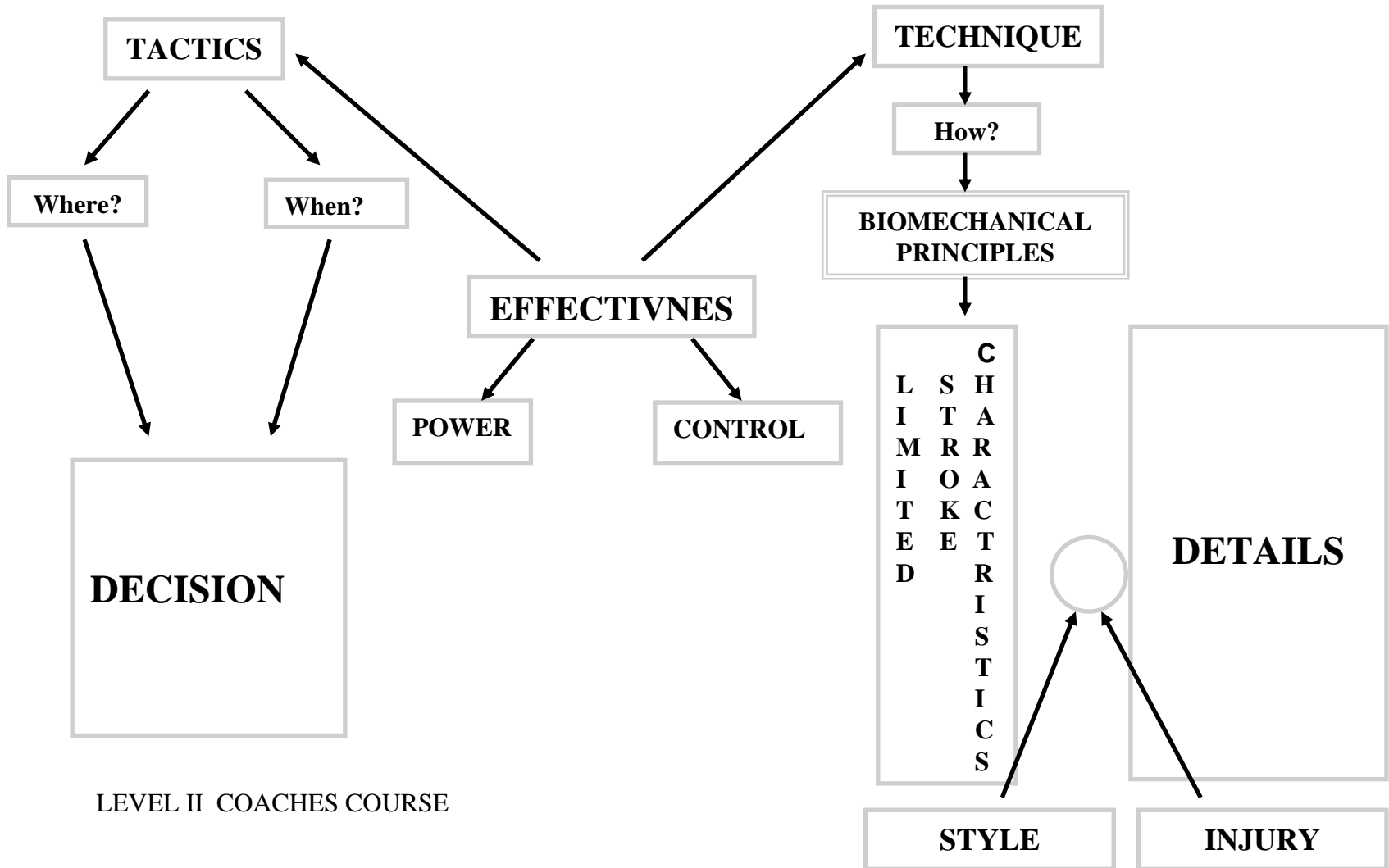


# By the end of this session you should be able to:

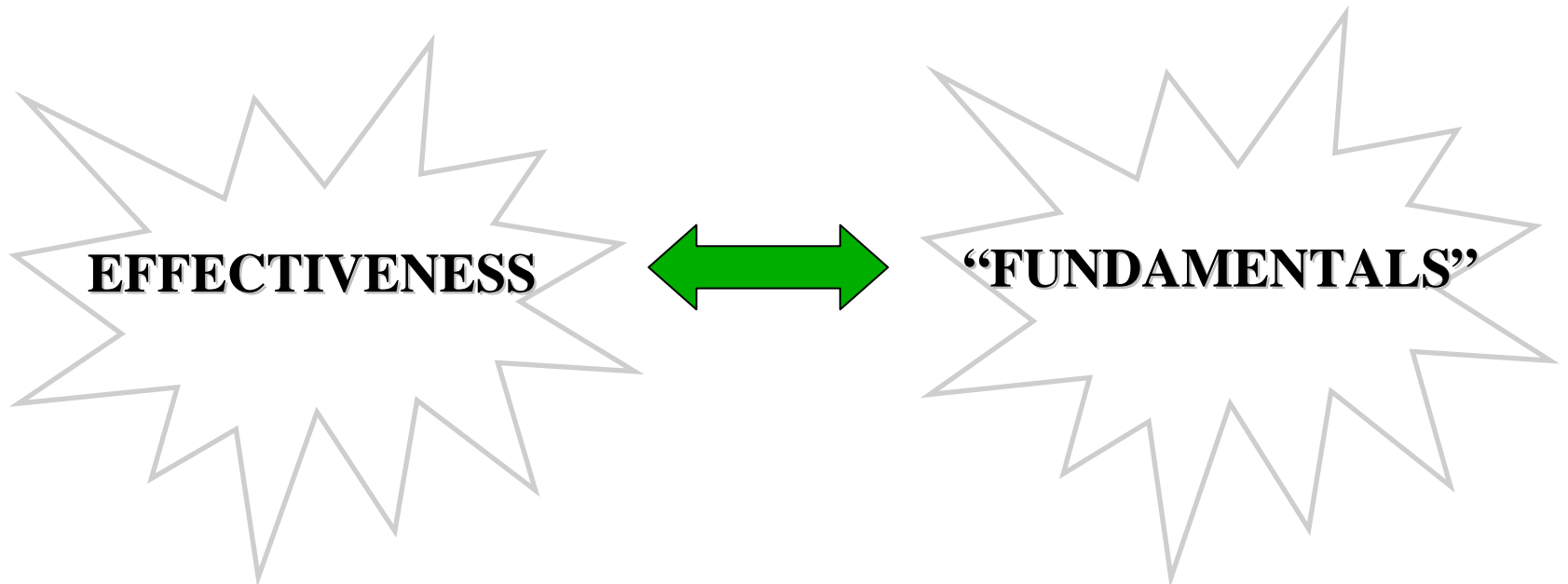
- understand optimum technique through a practical knowledge of biomechanics
- improve technical diagnosis and correction
- understand how power is generated in strokes
- understand how control is achieved in tennis
- increase knowledge of the technical characteristics of the modern game



# TENNIS TECHNIQUE



# TENNIS TECHNIQUE



# ESTIMATION OF TECHNIQUE EFFECTIVENESS

Kids	consistency & precision
Juniors	+ power & control
Top players	+ variability & disguise

# CONFORMATIVE CHARACTERISTICS

## Forehand & Backhand

Split step

OPOSITE FORCE

Position of head & shoulders

BALANCE

Wide stance

Unit turn

ELASTIC ENERGY

Contact point

Rythm & acceleration

CO-ORDINATION CHAIN

# DEVELOPMENT of TENNIS TECHNIQUE - Phases

1. Observation
2. Analyse
3. Decison
4. Practise
5. Evaluation

# DEVELOPMENT of TENNIS TECHNIQUE - Observation

1. General char. (physical, personal, motor...)
2. Effectiveness (tactical goals, precision, power, flight & bounce of the ball)
3. Mechanics (reaction, accumulation of E., production of E., transfer of E. to the ball, end of the stroke)

# DEVELOPMENT of TENNIS TECHNIQUE - Analyse

- Does the problem limit development?
- Is there a chance to get injured?
- Effect of a new technique to the game's effectiveness?
- Does player agree with the problem?
- Can I (coach) solve a problem?

# DEVELOPMENT of TENNIS TECHNIQUE - Decision

- Do I have to change?
- Which methods and exercises will I use?
- How long It will take?
- Do I need help?

# DEVELOPMENT of TENNIS TECHNIQUE - Practise

- To have enough time to develop stroke  
– preparation period!
- 1. phase – understanding
- 2. phase – “basket” drills
- 3. phase – “game situation” drills
- 4. phase – matches

# SOURCES OF TECHNICAL PROBLEMS

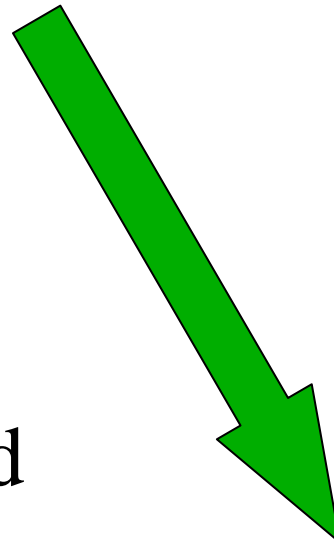
- Perception
- Decision
- Mechanics of the stroke
- Psychological
- Fitness level - conditioning

# DEVELOPMENT of TENNIS TECHNIQUE

- KIDS (14&U) - CONFORMATIVE CHARACTERISTICS
- JUNIORS/TOP PLAYERS - EFFECTIVNESS

# DEVELOPMENT of TENNIS TECHNIQUE – KIDS (14&U)

1. Balance
2. Contact point
3. Rythm
4. Split-step
5. Racket speed
6. Unit turn



# Thank you!

## Questions?

